MEDITERRANEAN · DINNER · LUNCH

Grilled Cod with Pistachio Herb Salsa

20 min · Serves 4 · 533 kcal a serve · Video 8:26 · The Mediterranean Dish

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed

40 g protein and 4 g net carbs a serve from grilled cod under a fresh herb, pistachio and olive oil salsa, with no flour, sugar or dairy.

Diet notes: Keto (4.4 g net carbs a serve); Low saturated fat (5.4 g, 9% of the energy).

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Ingredients 10 · SERVES 4

- [ ] ½ cup **shelled pistachios**, roughly chopped
- [ ] ½ cup finely chopped **parsley**
- [ ] ½ cup torn **mint leaves**, plus more to garnish
- [ ] 4 **scallions**, finely minced
- [ ] 2 **garlic** cloves, minced
- [ ] 2 tbsp **fresh lemon juice**
- [ ] ½ cup extra **virgin olive oil** for the salsa (up to ¾ cup for a runnier sauce)
- [ ] a drizzle of extra **virgin olive oil** for the fish and grill
- [ ] **Salt**: kosher salt and black pepper, to taste
- [ ] 4 **skin-on cod fillets**, 6–8 oz each (or branzino or rainbow trout)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the salsa: mix the chopped pistachios, parsley, mint, scallions and garlic with the lemon juice and enough olive oil for a loose, spoonable sauce. Season with salt and pepper and set aside. 0:50
2. Heat a grill or griddle over medium-high heat and brush it with oil. 4:02
3. Pat the cod dry, season both sides with salt and pepper and drizzle with a little olive oil. 4:37
4. Cook the fish skin side down for 3–5 minutes until the edges turn white and the skin crisps, then turn it and cook a couple of minutes more, just until it flakes. 5:28
5. Spoon the pistachio herb salsa over the fish and finish with a few mint leaves. 6:52

> **Tip** Use the lower amount of oil if you want a lighter salsa. Branzino or trout work in place of cod.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
533 kcal	40 g	6.7 g	2.3 g	39 g	520 mg
2,230 kJ	80% of a day	4.4 g net · 1.8 g sugars	8% of a day	5.4 g saturated	22% of a day
		2% of a day		50% of a day	

Energy from net carbs 3% · protein 30% · fat 67% — fits keto: 4.4 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Selenium 111% · Vitamin B12 73% · Vitamin K 70% · Vitamin B6 44% · Vitamin E 41% · Omega-3 38% · Magnesium 22%

Source of (10–19%) Potassium 13% · Zinc 13% · Vitamin C 13% · Iron 11%

Recipe and video: The Mediterranean Dish on YouTube — youtube.com/watch?v=QnRWwJYu4Uo. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/tmd-grilled-cod-pistachio-herb-salsa